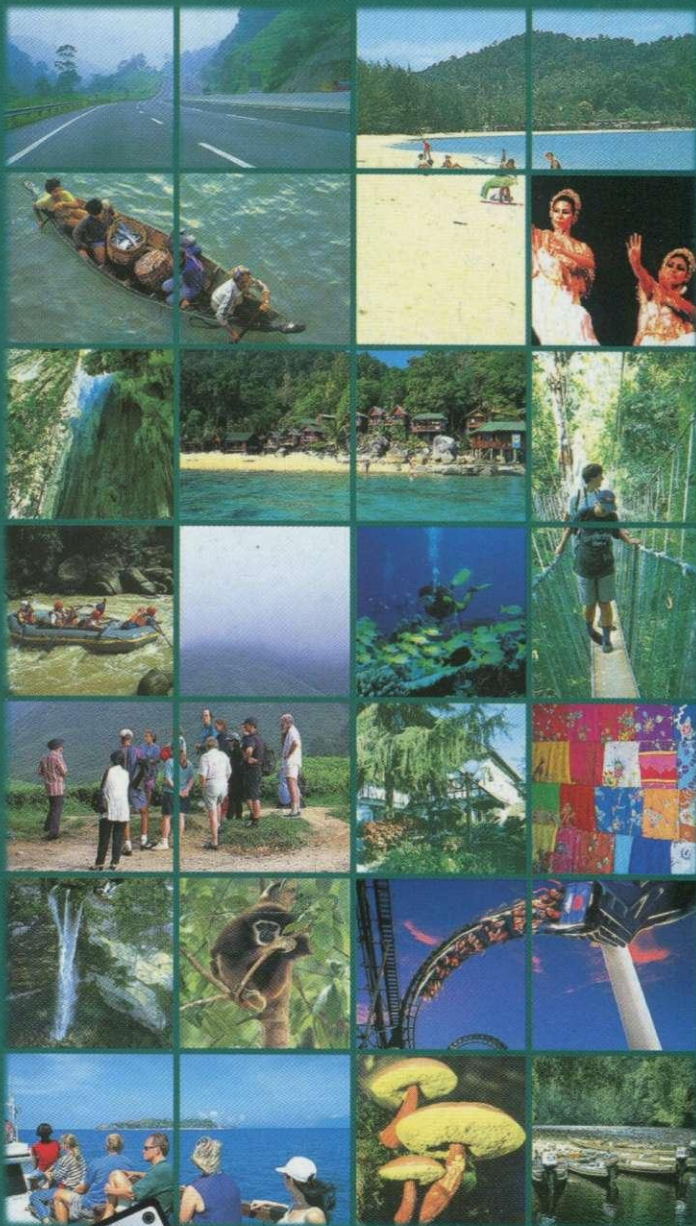


MALAYSIA



TRAVEL GUIDE





MALAYSIA IN BRIEF



Malaysia, with its rich culture and history, is a "must visit" tourist destination. Endowed with magnificent scenic wonders and a colourful thriving cosmopolitan elegance, the country is indeed the jewel of Southeast Asia, a destination unrivalled by any other. Rainforests dating back 130 million years still retain their ancient splendours while bustling cities and towns boast of modern day sophistication. Hovering contentedly on the fringes of this "Time" escape are charming villages where rural life enchants all who stop to savour its gentle charms.



Malaysia lies within longitudes 100° and 119° East and latitude 7° North. Neighbouring countries are Thailand to the north and Singapore to the south. The country consists of two land masses with a total area of 330,434 square kilometres. Peninsula Malaysia is located south of Thailand, while East Malaysia, comprising the states of Sabah and Sarawak, stretches along the northern region of Borneo. The two land masses are separated by the South China Sea.



The Federation of Malaysia comprises of 13 states and the federal territories of Kuala Lumpur, Putrajaya and Labuan. Kuala Lumpur, the capital of Malaysia is centrally located along the west coast of Peninsula Malaysia. Malaysia is 8 hours ahead of Greenwich Mean Time (GMT) and 16 hours ahead of United States Pacific Standard Time. It enjoys a perpetual summer with high humidity, the only variation being its dry and wet seasons.

Temperatures range from 21 to 32 degrees Celcius in the lowlands while it is much cooler in the highlands. Rainfall averages 200 centimetres annually.

The multiracial population of Malaysia totals 20 million and comprises three major ethnic groups namely Malays, Chinese and Indian, as well as other minority groups.

Bahasa Malaysia is the national language while English is widely spoken. A number of dialects are also used by the Chinese and Indians.

Islam has been accepted as the official religion, but other religions are freely practised.

Kuala Lumpur is the capital of Malaysia and the national flower is the Hibiscus or *Bunga Raya*.

The Malaysian national flag has 14 horizontal stripes representing the 13 states and the federal territory of Kuala Lumpur and Labuan. The crescent represents the

official religion of the country and the 14 points on the star also represent the states and the federal territories.

The Malaysian Ringgit is the unit of currency with 100 sen making one ringgit.



WELCOME TO PAHANG MALAYSIA

Pahang is the largest state in Peninsula Malaysia and covers an area of 35,960 square kilometres. It lies on the east coast and has a population of about one million people.



Vast stretches of primeval rainforests dominate the state and form part of Taman Negara of the National Park. All the main hill resorts are found here as is Peninsula Malaysia's highest peak, Gunung Tahan, which poses a challenge to avid mountaineers.

A myriad of exotic flora and fauna are an intrinsic part of the wild life and unspoilt beauty found throughout the state. Rich varied

An astoundingly beautiful coastline stretching north all the way to Kota Bharu in the state of Kelantan is generously dotted with enchanting beaches linked together by quaint, picturesque villages.



All of these not only make up a photography enthusiast's most momentous fantasies, they also impart a soothing repose that tempts you to linger on and savour the unparalleled peace and harmony.

All the main hill resorts are found here as is Peninsula Malaysia's highest peak, Gunung Tahan, which poses a challenge to avid mountaineers.

A myriad of exotic flora and fauna are an intrinsic part of the wild life and unspoilt beauty found throughout the state. Rich varied scenery and landscape leave visitors thoroughly entranced with the magnificent gifts nature has bestowed on this tropical paradise. From pristine waterfalls to tranquil, invigorating mountains and palm-fringed beaches fronting serene seas to refreshing jungles, it is a rendezvous with diversity and contrast designed to leave you spellbound and delighted.



state. Rich varied scenery and landscape leave visitors thoroughly entranced with the magnificent gifts nature has bestowed on this tropical paradise. From pristine waterfalls to tranquil, invigorating mountains

DISTANCE FROM KUANTAN

From Kuantan to

Balok	16 km
Bentong	200 km
Benta	225 km
Beserah	9 km
Bukit Tinggi	220 km
Cameron Highlands	462 km
Chendor	50 km
Cherating	47 km
Endau	158 km
Fraser's Hill	269 km
Gap	256 km
Genting Highlands	240 km
Jerantut	155 km
Karak	179 km
Kuala Lipis	250 km
Kuala Rompin	133 km
Kuala Tembeling	170 km
Lanjut	134 km
Lake Chini	100 km
Lake Bera	163 km
Maran	76 km
Mentakab	137 km
Merapoh	301 km
Muadzam Shah	85 km
Nenasi	91 km
Pekan	48 km
Raub	241 km
Sungai Ular	37 km
Tanjung Gemok	158 km
Tekam Plantation	114 km
Temerloh	126 km
Teranum	227 km

Tioman Island

By Boat from Tanjung Gemok	70 min
By Boat from Mersing	90 min

Kuala Tahan

By Boat from Kuala Tembeling	3 1/2 hrs
By Road from Padang Piol Jerantut	2 1/2 hrs

together by quaint, picturesque villages.

All of these not only make up a photography enthusiast's most momentous fantasies, they also impart a soothing repose that tempts you to linger on and savour the unparalleled peace and harmony.



Culture and Traditions

In Pahang, you will find vivid evidence of fascinating cultures that make Malaysia a rich source of colour, pomp and pageantry. The Malays, Chinese and Indians, each with their own distinct identity, coexist most harmoniously. This is the nurturing result of mutual respect and understanding, a rare and special feature which continues to bewitch and astound visitors.

The many cultures of Malaysia are manifested in the clothes, customs, food, games, art forms and festivals of the various races. It would be hard indeed to fully describe the many facets of Malaysian culture. But even a brief encounter is enough to reveal the scintillating vibrancy of Malaysia's rich heritage.

Dining Out

Gourmets and gourmands will relish the delectable and astonishingly unending variety of delicacies found in the vast cuisines typical to Pahang. Malay, Chinese (particularly Cantonese, Hokkien, Szechuan) and both North and South Indian foods stimulate the taste buds and arouse the adventurer in each of us.

A must for the uninitiated is *satay* - succulent morsels of meat skewered on palm-leaf sticks and barbecued on open flame and eaten with piquant, spicy peanut-based gravy. Accompanying dishes are cucumber, onion slices and *ketupat* (rice boiled in woven palm cases).

Generally, Malay cuisine is spicy and pungent in nature but once you have developed a taste for such tantalising flavours, it is hard to disassociate yourself from them.

Rice is the staple food of Malaysians and is cooked in a variety of ways - one of which is *nasi lemak*, which is rice cooked with coconut milk and eaten with a spicy anchovy sauce, hard-boiled egg, peanuts and cucumber slices.

Dim sum and its 30 over delicacies are among the many items on the Chinese menu. The incredible number of ways they cook rice and noodles prove that innovation and creativity know no bounds. If you visit Pahang and do not feast on the ample sea-food available, you would be missing some of the best dishes the state has to offer. *Ikan bakar* or grilled fish, is a hot favourite.

The star attraction of Indian cuisine is *nasi briyani*, a rich Moghul dish. With such a wide variety of dishes, it is hard to decide which to choose as each has established its own popularity.



EUROPEAN
EDINBURGH
DUBLIN
LEEDS
TEESFIDE
GLASGOW
MUNICH
LONDON
PARIS
AMSTERDAM
BRUSSELS
FRANKFURT
VIENNA
ZURICH
MADRID
ROME
ISTANBUL



MELAKA

ALOR GAJAH	ALOR SETAR	BALING	BATU PAHAT	BUKIT FRASER	BUKIT IBAM	BUKIT KAYU HITAM	BUTTERWORTH	BRINCHANG	DABONG	DESARU	DUNGUN	GEMAS	GERIK	GUA MUSANG	IPOH	JELI	JOHOR BAHRU	KAJANG	KANGAR	KLANG	KLUANG	KOTA BHARU	KOTA TINGGI	KUALA KANGSAR	KUALA LIPIS	KUALA LUMPUR	KUALA SELANGOR	KUALA TERENGGANU	KUANTAN	LUMUT	MARAN	MELAKA	MERSING	MUAR	PADANG BESAR	PASIR PUTIH	PELABUHAN KLANG	PONTIAN KECIL	PORT DICKSON	SABAK BERNAM	SEGAMAT	SEREMBAN	SHAH ALAM	SITIAWAN	SUNGAI PETANI	TAIPING	TELOK INTAN	TEMERLOH
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SOUTH
CHINA
SEA

KUALA LUMPUR/
KUANTAN

TULAI ISLAND

TEKEK
PULAU TIOMAN

STATE BOUNDARY

CATAMARAN FERRY
Tioman/Singapore/
Tioman

KUALA LUMPUR/TIOMAN
SINGAPORE/TIOMAN

LEGEND

- North/South Highway
- Trunk Road
- Railway Line
- State Boundary
- International Boundary

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THE

HIGHLANDS

1 CAMERON HIGHLANDS

This is Malaysia's green bowl supplying vegetables to the major cities of the country and to Singapore. The cool climate makes it an excellent tea growing area and indeed the Cameron tea is highly priced in the world market. Places of interest are the Robinson Falls, the Rose Garden nurseries and the vegetable farms. There is also an 18-hole golf course. The small town of Tapah at the foot of Cameron Highlands is the gateway to the resort and can be reached by bus, taxi or train from Kuala Lumpur. From Tapah, regular bus and taxi services

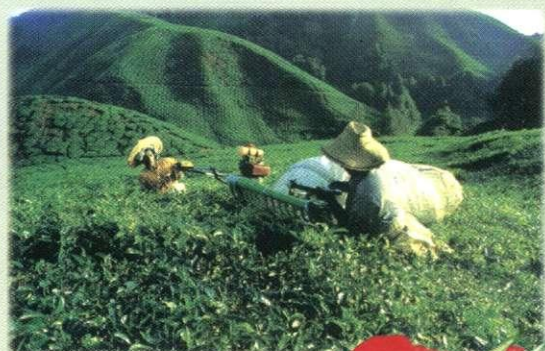
are available to the highlands.

Accommodation facilities include old English country inn-styled

hotels, chalets and Government resthouses. Special mention must be made of the Ye Olde Smokehouse which has been preserved in the same state as it used to be during the colonial period, except for the addition of some modern conveniences.



- Hotels:**
- Strawberry Park Hotel,
Tel: 605-4911166/174 • Fax: 605-4911949
 - Rosa Passadena Hotel,
Tel: 609-4912288 • Fax: 609-4912688
 - Equatorial Hill Resort Cameron Highlands,
Tel: 605-4961777 • Fax: 605-4961333
 - Heritage Hotel Cameron Highlands,
Tel: 605-4913888 • Fax: 605-4915666
 - Cool Point Hotel,
Tel: 605-4919914 • Fax: 605-4919070



2 GENTING HIGHLANDS BENTONG



Genting Highlands, located at an elevation of 1,800 metres above sea level is one of the most developed hill resorts in Malaysia and is popular with many local and foreign visitors. It offers a wide range of accommodation to suit every budget and taste. The cool mountain air and lush greenery make Genting an ideal escapade away from the heat, hustle and bustle of the city. There are numerous activities that one can indulge in dining at the Genting Theatre Restaurant, featuring shows by international stars, boating and enjoying the many other fun-filled rides at the Genting Theme Park as well as the attraction of "Virtual Reality", an exciting and unique game. Punters can try their luck at the world class Casino De Genting. The Awana Golf & Country Resort, a luxury condotel, provides first class facilities, a breathtaking 18-hole golf course, horse riding at the Awana ranch and jungle trekking. Genting Highlands is accessible by a well-maintained road and is only an hour's drive from Kuala Lumpur. At the Gentong Jaya township,

rides at the Genting Theme Park as well as the attraction of "Virtual Reality", an exciting and unique game. Punters can try their luck at the world class Casino De Genting. The Awana Golf & Country Resort, a luxury condotel, provides first class facilities, a breathtaking 18-hole golf course, horse riding at the Awana ranch and jungle trekking. Genting Highlands is accessible by a well-maintained road and is only an hour's drive from Kuala Lumpur. At the Gentong Jaya township,



950 metres above sea level, visitors can take a thrilling cable car ride above the clouds to the summit.



- Hotels:** • Highlands Hotel, Tel: 603-2111118 • Fax: 603-2111888
 • Genting Hotel, Tel: 603-2111118 • Fax: 603-2111888
 • Awana Golf & Country Resort, Tel: 603-2623555 • Fax: 603-2616611
 • Resort Hotel, Tel: 603-2111118 • Fax: 603-2111888
 • Amber Court, Tel: 603-2112988 • Fax: 603-2112933
 • Seri Malaysia Hotel, Tel: 603-2102525 • Fax: 603-2101125

3 FRASER'S HILL RAUB

Fraser's Hill 104 kilometres from Kuala Lumpur can be reached through the Karak Highway. Turn left at the Bentong junction and proceed to Teranum. At Teranum, take the left turn towards Gap before the short ascent up to Fraser's Hill. Alternatively, one can also take the old trunk route heading towards Penang and turn off at Kuala Kubu Bharu for the drive to the Gap. The last 8 km from the Gap to the top of Fraser's Hill is along scenic, narrow winding road which carries one-way traffic from 7.00 a.m. to 7.00 p.m. At the Gap, there is a gate control system with scheduled times for ascending and descending traffic, at both ends to facilitate the flow of traffic. Fraser's Hill offers visitors cool mountain air, an abundance of luxuriant vegetation, peace and tranquility as well as other attractions such as pony rides, a nursery containing many exotic flowers, the Jeriau

waterfalls and a pleasant 9-hole golf course. Other facilities include a children's playground and a roller skating rink. For accommodation, Fraser's Hill has a range of hotels, chalets and colonial-bungalows to suit one's preferences and budget.

- Hotels:** • Fraser's Pine Resort, Tel: 609-3622122, Reservations / Tel: 603-7832810/7815510 • Fax: 603-7836108
 • Quest Resort, Tel: 609-3622300 • Fax: 609-3622284
 • Fraser's Hill Development Corporation, Tel: 609-3622044/248/194/196 • Fax: 609-3622273
 • Ye Olde Smokehouse, Tel: 609-382035
 • Silver Park Holiday Resort, Tel: 609-3622164 • Fax: 609-3622887

4 BUKIT TINGGI

BENTONG

Bukit Tinggi is a hill retreat area with several resorts taking advantage of the cool, fresh country air that pervades the area. Among the resorts here are Selesa Hillhomes and Bukit Tinggi Resort. Visitors can jungle trek, take long invigorating walks or head for nearby Genting Highlands. Also in this area is Janda Baik, a resort-cum-residential vicinity that is popular with urban dwellers seeking to escape the bustle of the city for a brief respite.

- Hotels:** • Bukit Tinggi Resort Berhad, Tel: 603 2486088/2422622 • Fax: 603-2481853
 • Selesa Hillhomes, Health Farm & Golf Resort, Tel: 609-2330039/42 • Fax: 609-2330066



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5 TAMAN NEGARA KUALA TAHAN

Taman Negara, or the National Park, boasts of jungles that date back millions of years, making them older than those of the Congo or Amazon. With 4,343 square kilometres of luxuriant tropical rain forest, the park is a haven



for adventurers. Picturesque trails, giant trees, limestone caves, excellent fishing spots, exciting river trips and ample jungle trekking trails offer a multitude of such adventure opportunities. The park's canopy walk which is 25 metres high and over 400 metres long is the world's longest. As it lies on the top layer of vegetation in a forest, you will have an extraordinary view of the plant and animal species found there. Wildlife observation can be done from observation hides built around

the many salt-licks. Mountain climbing buffs would enjoy scaling Gunung Tahan, which at 2,187 metres is the highest mountain in Peninsular Malaysia. River trips are an enjoyable activity within the park, especially those involving shooting the rapids. For the less stalwart, there are meandering cruises that let you enjoy the surrounding scenery at a leisurely pace. Fishing is best done in February, March, July and August, and it takes two days to reach the best fishing areas located along Sungai Tahan near Lata Berkoh and Sungai Kenyam. Camping grounds in verdant surroundings are to be found in the park. Accommodation at the park is available in the Rest House, chalets and a hostel, all fitted with basic utilities.

Hotels:

- Taman Negara Resort, Tel: 609-2663500 • Fax: 609-2661500
- Nusa Camp Holiday Village Sdn. Bhd., Tel: 609-2662369 • Fax: 609-2664369
- Teresek View Village, Tel: 609-2663065
- Ekoton Chalet, Tel: 609-2669897



8 LAKE CHINI Kuantan

Located in the wilds, Lake Chini is approximately 100 kilometres from Kuantan. The lake, with its fascinating myths, has attracted tourists from far and near. Legend has it that an ancient Khmer city once existed there and this has since resulted in several scientific expeditions being mounted by both local and foreign archaeologists. It is also popularly believed that a mythical monster lurks in its depths and guards the lake. Lake Chini has a number of wooden chalets and restaurants to cater for overnight visitors. There are also a number of camping spots if you plan to rough it out. Jungle gear and camping equipment are recommended. Access to the lake is by road to Kampung Belimbing, about 100 kilometres, south west of Kuantan and then on by boat through the winding Chini river. Alternatively, one can go by road via Segamat Highway through the new town of Chini, and then continue travelling for 15 minutes through

palm oil estate roads to the lake.

Hotel: • Lake Chini Resort

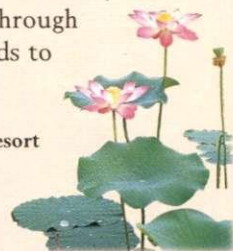


9 STATE MUSEUM PEKAN

A tour of the town will not be complete without a visit to the State Museum which houses a

rich collection of historical items. The museum, located at Jalan Sultan Ahmad, Pekan has valuable antique pieces such as a large quantity of glass ware and ceramics from ancient China.

The old history of Pahang, especially that of its ancient kings is well-documented in this museum.



NATU ADVE



12

TEKAM PLANTATION RESORT

JERANTUT

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Nestled in tranquility in the green forests near Jerantut is the Tekam Plantation Resort, comprising chalets, dining facilities for travellers as well as conventions. Visitors can also arrange for special trips and adventure tours to various places of interest. One of the highlights of the stay at the Resort is the Plantation Tour, which takes visitors on an educational visit to places such as the Kota Gelanggi Caves, Gunung Senyum Caves as well as surrounding rubber and oil palm plantations. The

best time to visit the area is during the fruit season from July to September, when local fruits such as *durians* and *rambutans* are plentiful. The Resort provides facilities such as tennis and takraw, mini market, water sports and cafeteria.

Hotel: • Tekam Plantation Resort, Tel: 609-4718300/301 •
Fax: 609-4718253



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13

ENDAU-ROMPIN STATE PARK

ROMPIN

Some of the most famous and visually spectacular tourist attractions are found in Pahang. Among them is the Endau-Rompin State Park, one of the world's oldest tropical rainforests. This ancient tropical rainforest has remained

undisturbed in its original state through the years. Endau-Rompin boasts of some of the most exotic species of tropical plant and animal life. The Park is one of the last remaining lowland forests in Malaysia and it is spread over a generous 80,000 hectares of virgin jungle straddling the state of Pahang and Johor. Endau-Rompin derives its name from the Rompin and Endau Rivers, forming a watershed on which the park lies. This nature reserve offers a wide spectrum of activities for the adventurous visitor providing the opportunity to get back to nature and experience the hidden and mysterious secrets of its wilderness.

Hotels: • Lanjut Golden Beach Resort,
Tel: 609-4145113 • Fax: 609-4145112
• Seri Malaysia Hotel Rompin,
Tel/Fax: 609-4132723



NATURE & ADVENTURE



6 KENONG RIMBA PARK LIPIS

Kenong Rimba Park is situated in natural surroundings with cascading waterfalls, clear mountain streams and a variety of flora and fauna. The merry chirping of birds will create an atmosphere which is really difficult to express in words. It offers great adventure, such as exploring limestone caves, swimming in the river and camping. Challenging hiking trails interspersed with protruding rocks and untouched natural surroundings is a haven for adventure lovers. Within the Kenong Rimba Park, there are several caves to explore. These are Gua Batu Telangup, Gua Hijau and Gua Harimau. The Caves, situated approximately 122 -152 metres above sea level, are a natural



habitat for a range of flora and nature's other marvels. For nature lovers, a stop at Kenong Rimba Park is a must. It is a perfect hideout for bird watchers, campers, anglers, trekkers and swimmers.

Hotels:

- Persona Rimba Resort, Tel: 609-3125032 • Fax: 609-3121421
- Lipis Centre Point Hotel, Tel: 609-3122688 • Fax: 609-3122689
- Lipis Inn Hotel, Tel: 609-3125888 • Fax: 609-3125588

7 TASIK BERA BERA

Tasik Bera, covering an area of 24,000 hectares, is one of two major natural bodies of freshwater in Malaysia. The Semelai aborigines inhabit the area surrounding Tasik Bera and a number of them continue to live and procure their food in traditional ways. Others have modified their way of life and have become permanent residents in Post Iskandar. The Tasik Bera watershed includes a wide variety of flora ranging from primitive algae species to higher plants and trees. It was recorded that 328 species of flora, 200 species of birds and more than 95 species of fishes are found in Tasik Bera. Tasik Bera is ideal for many recreational and adventure activities. Trekking through the jungle is both exciting and educational. River safaris can be

exhilarating, or simply paddle around the lake and take in the tranquil surroundings.

Hotel:

- Persona Lake Resort, Tel/Fax: 609-2762505



10 EMPANG JALEH LIPIS

In Kuala Lipis, there is a recreational lake called Empang Jaleh where visitors can relax. Here too, one can trek along a mountainous jungle trail to Gunung Tahan, the highest peak in Peninsular Malaysia. It takes about two nights to reach the summit. For birdwatchers, Bukit Taching is an ideal bird sanctuary to while away the hours. And the Terenggun Forest Park is another nature spot perfect for a leisurely holiday. Perhaps its most endearing feature is its profusion of fabulous nature scenes.

11 GUNUNG TAPIS PARK KUANTAN

About 16 kilometres away from Sungai Lembing is Gunung Tapis, a beautiful nature park. Excellent camping spots can be found in a number of areas. Although still in the early stages of development, Gunung Tapis offers a number of activities. You can shoot rapids on one of the several rivers, or fish for the delectable "Ikan Kelah" (tortambroides duronesis). The park also abounds with hot springs and wildlife. If you plan to stay overnight, camping and survival equipment are recommended. Prior arrangements for a visit to the park can be made with the Persona Adventure Camp.

- Hotel:** • Persona Adventure Camp,
Reservation - Tel: 609-5135566 • Fax: 609-5130510

KUANTAN TOWN HOTELS

- Seri Malaysia Hotel Kuantan, Tel: 609-5553688, Fax: 609-5553111
- MS Garden Hotel, Tel: 609-5555899 • Fax: 609-5554558
- L.A. Exclusive Hotel, Tel: 609-5142314 • Fax: 609-5148377
- Grand Continental Hotel, Tel: 609-5158888 • Fax: 609-5158899
- Pacific Hotel, Tel: 609-5141980 • Fax: 609-5141979
- Vistana Hotel, Tel: 609-5688000 • Fax: 609-5681400
- Mega View Hotel, Tel: 609-5171888 • Fax: 609-5171999
- Shahzan Inn, Tel: 609-5136688 • Fax: 609-5135588
- City View Hotel, Tel: 609-5553888 • Fax: 609-5552999

ADVENTURE

LIPIS

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OTELS

88, Fax: 609-5553118
09-5554558
609-5148377
Fax: 609-5158899
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09-5171999
35588
9-5552999

14 KOTA GELANGGI JERANTUT

One of the highlights for visitors to this area is exploring the Kota Gelanggi Cave. Explore the 150 million year old historical and mythical cave complex and its unique fauna, flora and rock formations. The magnificent cave chambers are among the best in this region. Visitors will be able to experience what tropical limestone caverns are all about, with their myriads stalagmites and stalactites and strangely shaped formations.

Hotel: • Tekam Plantation Resort,
Tel: 609-4718300/301 • Fax: 609-4718253



15 GUNUNG SENYUM CAVES TEMERLOH

The Gunung Senyum Caves consists of at least 20 Caves, which are fascinating to explore. While cave exploration and camping in the shade of tropical foliage are common activities, scientific research is also gaining in popularity among students and scientists. Cave explorers must be prepared for the smell of bats, limestone rocks and the sighting of strange creatures and insects.

Hotels: • Tekam Plantation Resort, Tel: 609-4718300/301 • Fax: 609-4718253
• Seri Malaysia Hotel Temerloh, Tel: 609-2965776/5779/5787 • Fax: 609-2965711



16 JERAM BESU RAUB

Apart from Fraser's Hill, other recreational areas in Pahang include the Lata Jarum Waterfalls and the Jeram Besu

Rapid. The former is just 30 kilometres from Raub while the latter is only about 3 hours drive from Kuala Lumpur. Jeram Besu is fast gaining popularity as one of the most challenging white water-rafting areas in the country. Raub is one of the oldest towns in the State of Pahang. It began as a gold mining town in the early 19th century. Remains of its colonial past are evident in the old buildings scattered around the town.

Hotel: • Countryview Recreation Park , Tel: 609-3230230 • Fax: 609-3230200

Y S I A

17 CHERATING BEACH KUANTAN

To many, this name is synonymous with Club Med. This is natural because Asia's first Club Med is located here. Actually, only a small part of the beach is administered by this world famous Club, the rest is a populated area offering excellent beaches. Situated only 47 kilometres from Kuantan, its unique features are the rustic atmosphere and the warm hospitality of the village folk. Cherating also offers you the chance to shop for handicraft and see cultural performances. Village maidens nimbly weave the *pandanus* leaves into mats, hats, bags and other inexpensive lightweight souvenirs. Cultural shows include *wayang kulit* (shadow play) and *silat* (the Malay art of self-defence).



Hotels:

- Holiday Villages of Malaysia, Tel: 609-5819133 • Fax: 609-5819524
- Impiana Resort, Tel: 609-5819000 • Fax: 609-5819090
- Cherating Holiday Villa Beach Resort, Tel: 609-5819599 • Fax: 609-5819178
- The Legend Resort, Tel: 609-5819818 • Fax: 609-5819400
- Residence Inn, Tel: 609-5819333 • Fax: 609-5819252



18 BALOK BEACH KUANTAN

Balok beach is about 15 kilometres north of Kuantan and is a paradise for avid wind-surfers. Most of the activities revolve around the many international class resorts and hotels located at the beach, forming the perfect getaway for visitors to the East Coast of the Peninsular. Truly perfect and serene with soothing tropical breezes, swaying casuarinas, unending white sand in harmony with the azure blue sea, indeed, relaxation is never easier.

- Hotels:**
- Le Village Beach Resort, Tel: 609-5447900 • Fax: 609-5447800
 - De' Rhu Beach Resort, Tel: 609-5579000 • Fax: 609-5579002
 - Peranginan Tamu Kami, Tel: 609-5839090 • Fax: 609-5837061
 - Muara Beach Resort, Tel: 609-5834544 • Fax: 609-5834144
 - Swiss Garden Resort, Tel: 609-5447333 • Fax: 609-5449555



19 TELUK CHEMPEDAK BEACH KUANTAN

This delightful beach, only 5 kilometres from the town of Kuantan, is the site of several world class hotels. It is an excellent beach for water sports activities like sailing, surfing, skiing and sunbathing. A short trek through the Teluk Chempedak Forest Reserve is idyllic Pelindung Beach. If you are game to more jungle trekking, there's an alternative route leading to the mini-zoo.

21 CHENDOR BEACH KUANTAN

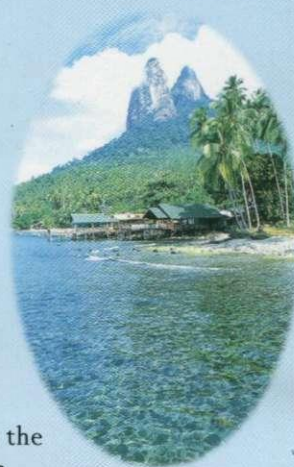


About 10 kilometres from Cherating is the famous Chendor Beach. Here, from early July to September, you can watch green turtles or occasionally giant leatherback turtles toil ashore to lay eggs. It's

a ritual worth experiencing. Besides the turtles, Chendor Beach offers some fine bathing spots. Its irresistible appeal also lies in the peace and seclusion you will enjoy at this resort.

22 TIOMAN ISLAND ROMPIN

Tioman is the largest of a group of 64 volcanic islands, the smallest of which is a mere rock jutting up from the sea. Measuring 38 kilometres long and 19 kilometres wide, Tioman Island is a magnificent island in the sun, with good reefs for scuba diving and crystal-clear waters for swimming. Legend has it that Tioman Island is the resting ground of a beautiful dragon princess who, while flying from China to her beloved in Singapore, sought solace in the crystal-clear waters of the South China Sea. Pleased with the island's charms, she discontinued her journey, forsaking her happiness to give pleasure and comfort to passing travellers by turning herself into an island. Tioman Island is accessible by boat from Mersing town or Tanjung Gemok, Rompin, a journey which takes about 1 to 2 hours. Or one can also take a plane from either Kuala Lumpur, Singapore or Kuantan. Accommodation comes in the form of delightful wooden chalets on the beach or in luxurious hotel rooms. Whichever is the choice, comfort and hospitality is assured.



excellent beach for water sports activities like sailing, surfing, skiing and sunbathing. A short trek through the Teluk Chempedak Forest Reserve is idyllic Pelindung Beach. If you are game to more jungle trekking, there's an alternative route leading to the mini-zoo.

Hotel: • Hyatt Hotel Kuantan, Tel: 609-5661234 • Fax: 609-5677577



20 BESERAH BEACH KUANTAN

Beserah is a fishing village and is well-known for salted fish. But what many people do not know is a very unique practice of the Beserah fishermen: they employ water buffaloes (which are not normally seen on the beach for they are always used to plough padi fields or to pull heavy carts), to transport fish from the boats to the processing area. Beserah is situated 10 kilometres from Kuantan.



A batik factory and many cottage handicraft workshops producing items made mostly of sea shells and local plant materials (dried nuts, leaves) can be found in Beserah.

Hotels: • Duta Sands Resort, Tel: 609-5448101 • Fax: 609-5448291
• Gloria Maris Resort, Tel: 609-5447788 • Fax: 609-5447619



from Mersing town or Tanjung Gemok, Rompin, a journey which takes about 1 to 2 hours. Or one can also take a plane from either Kuala Lumpur, Singapore or Kuantan. Accommodation comes in the form of delightful wooden chalets on the beach or in luxurious hotel rooms. Whichever is the choice, comfort and hospitality is assured.

Hotels:

- Persona Island Resort, Tel: 609-4191213 • Fax: 609-4191213
- Berjaya Tioman Beach Resort, Tel: 609-4191000 • Fax: 609-4191718
- Nazri Place, Tel: 609-4191329
- Salang Indah, Tel: 609-4195015 • Fax: 609-4195024



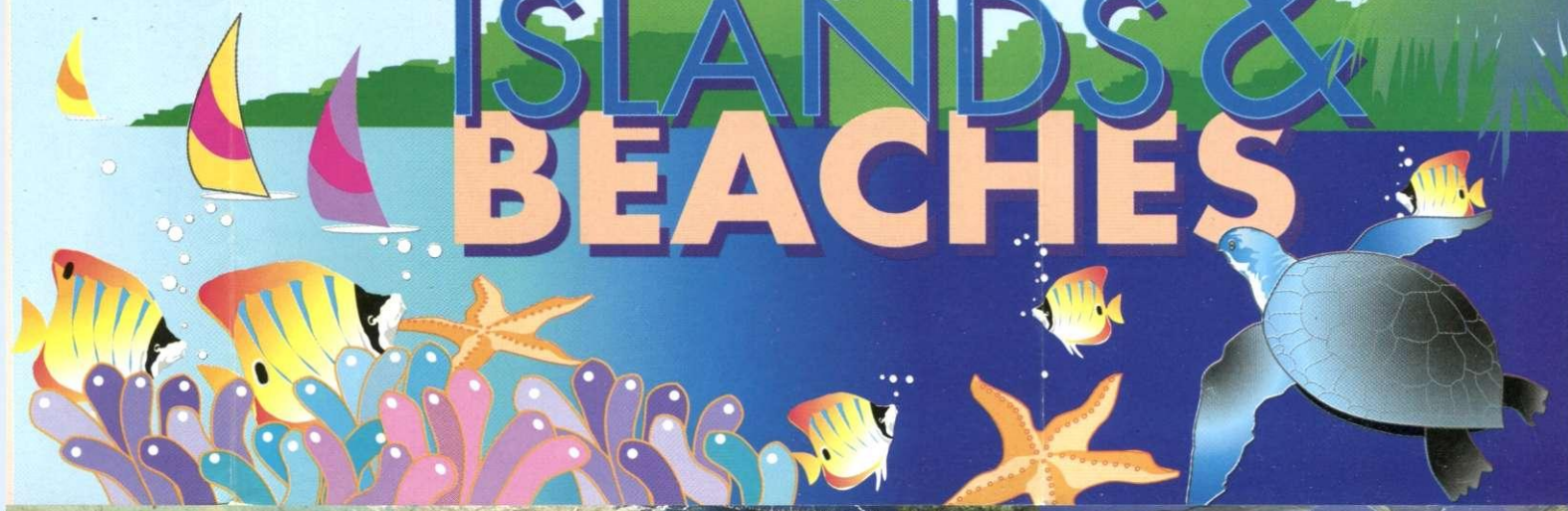
23 ROMPIN/LANJUT BEACH ROMPIN

Lanjut Beach, meanwhile, is one of the most beautiful unspoilt beaches on the southern coast of Pahang. The new Lanjut Golden Beach Resort is ideally located where hotels and chalets are easily available, in fast-developing Rompin district. Fishing for freshwater prawns is a popular outdoor activity in the many rivers found in the district. Kuala Rompin is also a gateway to Tioman Island, as well to the newly opened Endau-Rompin State Park.



- Hotels:** • Lanjut Golden Beach Resort,
Tel: 609-4145113 • Fax: 609-4145112
• Seri Malaysia Hotel Rompin,
Tel: 609-4132723 • Fax: 609-4132732
• Rompin Beach Resort,
Tel: 609-4141367 • Fax: 609-4141366
• Summerset Resort,
Tel: 609-4141888 • Fax: 609-4140888

THE ISLANDS & BEACHES



Tropical fruits are abundant during their seasons. *Durian*, which holds indisputable appeal for those who love it, often leaves the novice perplexed and intimidated as its overly pungent odour takes some getting used to. And it has culled lifelong fans even among Westerners - those who have stayed here long enough to cultivate a taste for this exotic fruit. *Rambutan*, *ciku*, mango, watermelon, guava, mangosteen, papaya, pineapple and starfruit are some of the succulent fruits that offer delights to all.



Shopping

In Kuantan, the Teruntum Complex, the Kuantan Parade, the Berjaya Megamall and the Kuantan Plaza offer the best shopping pleasures. Complete with cineplexes, food courts and a diverse selection of trendy shops, these complexes offer a wide scope for entertainment and shopping. To visitors looking for something different, there are the night markets within the various localities in Kuantan.

Craft shops can be found at Medan Pelancong (Jalan Besar), Sungai Karang and Cherating. Pandanus household articles, wood carvings, shellcrafts and batik are sold at reasonable prices here.

Pahang silk from the Pahang Silk Weaving Centre in Pulau Keladi, Pekan, is an intricately woven material and visitors to the center will get opportunity to see how the material is made. At Tanah Putih where the Batik RM is located, the visitor can view how batik, the unique wax-printed fabric is made.



For more information, please contact:
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(Fraser's Hill Development Corporation)

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TOURIST INFORMATION CENTRE

Jalan Mahkota, 25000 Kuantan, PAHANG. Tel: (609) 516 1007

MALAYSIA TOURISM PROMOTION BOARD

17th Floor, Menara Dato' Onn, Putra World Trade Centre

45 Jalan Tun Ismail, 50480 Kuala Lumpur, MALAYSIA

Tel: 603-2693 5188 • Fax: 603-2693 5884

E-mail: tourism@tourism.gov.my



YOUR TRAVEL AGENT

DRUGS TRAFFICKING OR ILLEGAL DRUGS CARRIES DEATH PENALTY

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